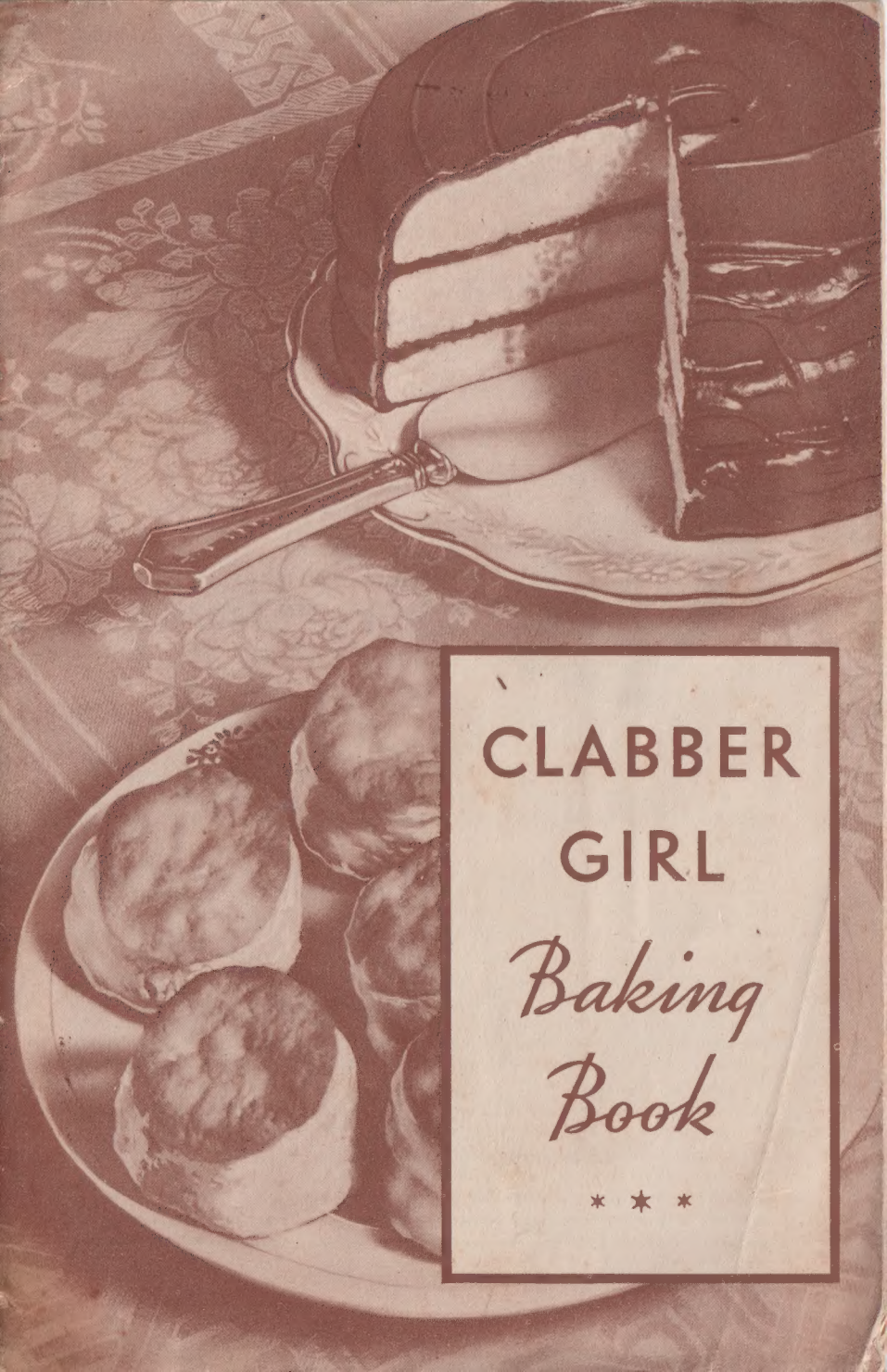


CLABBER GIRL

Baking Book

* * *

An opportunity is now furnished the Public to secure a Baking Powder containing the desirable qualities necessary for producing a thoroughly healthful article of the "Staff of Life" and which is equally good for Finest Cakes and Pastry.

WHAT EXPERTS SAY:

Cakes baked with Clabber Girl Baking Powder possess that nice velvety look, also good taste which counts so much toward good cake; and foods deliciously prepared create a keen appetite, inducing gastric juices to extract from such foods the life-giving substances that nourish the human body.

MANY THOUSANDS OF LETTERS HAVE REACHED OUR OFFICE TELLING US OF THE SUPERIOR QUALITIES IN OUR CLABBER GIRL BAKING POWDER. WE HAVE SELECTED JUST A FEW HERE AND THERE AT RANDOM AND THE FOLLOWING ARE EXTRACTS FROM THEM

"For a year I have made Biscuits with SOUR MILK and CLABBER GIRL Baking Powder with the usual amount of shortening and salt. The biscuits thus made were far superior in flavor and lightness to biscuits made by combining sweet milk and Baking Powder, or the time-honored soda and sour milk biscuits

"The majority of country housewives use soda and any brand of baking powder to make biscuits with sour milk, but, they can never be sure their bread will be a success under all conditions. The milk or the stove may not be just right or they may fail to get just the right amount of soda, and thus the bread lacks the degree of whiteness or lightness desired. I discovered, however (when boarding with different people in the various neighborhoods where I taught) one woman who never failed to produce delicious biscuits at all times. When I inquired how she acquired such miraculous results in biscuit making, she told me she always used CLABBER GIRL BAKING POWDER (without soda), the usual shortening and salt with sour milk. She had made bread for over three years without a failure with this method; whereas, she could not make soda bread more than two or three times a week with good results. When I began my housekeeping career I followed her advice and discovered that I, too, could make good bread when I had but little experience. I fail to find any other Baking Powder which has this peculiar merit and for that reason it seems to me the public should be made aware of it—think of the advantage to the housewives throughout the land when they learn that at last a Baking Powder has been discovered which has no restrictions in regard to the milk used with it."

LEAVES NO BITTER TASTE

"I have found CLABBER GIRL BAKING POWDER superior to all others. Its well known dependability makes baking a success. I take pleasure in everything I bake, confident everything will be excellent, and to have success it is essential to use the purest Baking Powder. I never fear the loss of eggs, butter, flour and other ingredients, for with CLABBER GIRL there is no such word as failure.

"I find it economical. All foods I bake with it are wholesome and delicious, and there is never any bitter taste in the food as I have experienced when using some baking powder.

"When cooking vegetables such as cabbage and carrots, I put a pinch of baking powder in the boiling water while they are cooking and the vegetables retain their natural color.

"I always use a little bit in my pie dough and in everything I bake I use the best, and the best is CLABBER GIRL."

THE ORIGIN OF BAKING

In modern times as compared with wheat flour all other materials used for baking bread are of comparative insignificance.

The varieties of Wheaten bread are divisible into two great classes—Unvesiculated and Vesiculated Bread.

Unvesiculated bread is the simplest form of bread and the rudest baking—a cake made from dough composed of flour, salt and water laid on a hot stone and baked in the dying embers of a wood fire, and when exposed to a high heat so that the resulting cake is hard, dry and resonant, Biscuits (bis-cuit-"twice baked") are formed.

Vesiculated Bread includes all bread rendered spongiform in structure by the development of carbonic acid within the dough through fermentation of the flour, or, by the disengagement of carbonic acid from ingredients introduced into the dough.

A great amount of private or domestic baking is conducted on the same principle, buttermilk and bicarbonate of soda being used for mixing the dough in making "scones." In this instance the lactic acid of the Milk combines with the soda, liberating carbonic acid.

Clabber Girl Baking Powder depends for its action on the mixture of Bicarbonate of Soda and certain acid reacting materials.

Sound flour yields from 90 to 94—4 pound loaves per bag of 280-lb. flour.

Well baked Bread or Biscuits should have a yellowish brown crust; the crumb should be uniform in texture, permeated with minute cavities and without "eyes" or large air cells: this can only be accomplished by thoroughly mixing Clabber Girl Baking Powder with the Flour before any moisture is added.

Wheat flour contains nearly all the elements that make up the superstructure of man, and Blood is the life. Without pure, strong, healthy blood the human system suffers from all complaints that the human family is heir to—

Those who have noticed the unpleasant odors emanating from hot biscuits made from inferior material will appreciate the deliciousness exhaled from those made of standard wheat flour with the good old Clabber Girl Baking Powder.

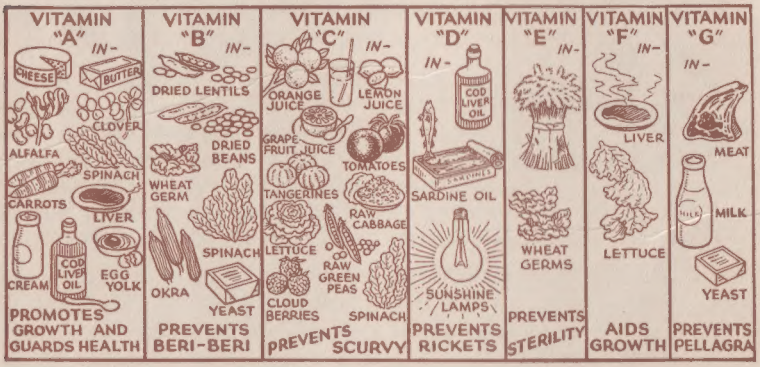
BALANCED DOUBLE-ACTION OF CLABBER GIRL

In everything you bake, the dependable, double-rising action of CLABBER GIRL Baking Powder assures lightness, tenderness, wholesomeness and full flavor-protection.

The first rising action takes place in the mixing bowl when liquids are added to the dry ingredients; the second rising action takes place during the process of baking.

Foods baked with CLABBER GIRL Baking Powder are thoroughly leavened and therefore easier to digest.

The Seven Vitamins, a few of their Sources and their Functions



Courtesy Arthur R. Maas Chemical Laboratories

PROPER COOKING, especially of vegetables, is necessary to retain the full vitamin content. Use as little water as possible, especially in cooking green vegetables. Avoid long cooking and the use of soda. Retain the cooking water for use in soups, and sauces, since certain vitamins dissolve in water and would otherwise be lost.

When making an Omelet, if a teaspoon of CLABBER GIRL BAKING POWDER is added to every four eggs and beaten in thoroughly, the Omelet will be considerably lighter, more attractive and tasty.

CLABBER GIRL BAKING POWDER added to a recipe for bread or rice pudding eliminates all danger of having a heavy, soggy pudding.

Important POINTS FOR PERFECT BAKING RESULTS

BAKING POWDER—Always use CLABBER GIRL Baking Powder for the recipes in this book. Each recipe tells you the correct amount to use. (Other brands of baking powder may require a greater amount.)

★

MEASURING INGREDIENTS—Measure all ingredients for each recipe *carefully*. Many baking failures are caused by *carelessness* in measuring and mixing.

Use a standard half-pint measuring cup. A greater convenience is a set of four measuring cups, in 1-cup, ½-cup, ⅓-cup and ¼-cup sizes. Also use a set of four standard measuring spoons in 1-tablespoon, 1-teaspoon, ½-teaspoon and ¼-teaspoon sizes. These cost very little and add much to your success in baking.

All measurements given are *level*—absolutely level with the edge of cup or spoon. (*Never* use "heaping" or "rounded" measurements.) If less than full capacity of measuring utensil is required, portion out proper amount carefully.

★

FLOUR—Always sift the flour *before* measuring, and then dip it *lightly* into the measuring cup. Do not *pack* the flour into the cup.

A high-grade "all-purpose" flour is suitable for most baking recipes. A *soft wheat* flour (cake or pastry flour) is preferable for making cakes.

★

SHORTENING—Whether you use butter, lard or vegetable shortening, be sure it is fresh and sweet.

To measure solid shortening, pack firmly into the cup or spoon, and level off. Four level tablespoons of solid shortening equal ¼ cup. If print butter or lard is used, ¼ pound equals ½ cup.

★

"BEATING"—*Beating* a batter is a different motion from *stirring*. To beat, you rapidly *lift up* the batter from the bottom of the bowl over and over, which blends the ingredients and also introduces air into the mixture. Use a mixing bowl large enough to permit beating the batter without spilling. CAUTION: Do not beat the "lumps" out of muffin or cornbread batter. Such batter should be lumpy when poured into the baking pans.

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OVEN HEAT—Be sure your oven is at the proper heat. If your oven does not have a heat regulator, a portable oven thermometer is desirable, to determine the temperature in the oven. Do your baking as nearly as possible to the center of the oven, where the heat is most uniform. However, if you are baking on two oven racks, do not put one pan directly above the other. Arrange the pans so that an equal amount of heat reaches the *bottom* of each pan.

Biscuits

CLABBER GIRL BISCUITS

2 cups sifted flour
2 teaspoons Clabber Girl Baking Powder
1 teaspoon salt
4 tablespoons shortening
About ⅔ cup milk

Sift dry ingredients together. Then work in shortening with finger tips or with large fork or pastry blender, to mix thoroughly. Add sufficient milk, while stirring vigorously, to make a soft dough. Lightly roll or pat on floured board to about ¾-inch thickness. Cut with floured biscuit cutter and place on greased baking pan. Bake immediately in hot oven (450 degrees F.) for 12 to 15 minutes. Makes 14 biscuits, 2-inch size.

★

CHEESE BISCUITS

Add ½ cup grated American cheese to biscuit recipe at time of working in shortening, or sprinkle cheese on tops of biscuits before baking.

★

FRUIT OR NUT BISCUITS

Add ¾ cup currants, raisins or nutmeats to biscuit recipe, before pouring in the milk.

★

CINNAMON PINWHEELS

Use biscuit recipe, rolling dough into rectangular sheet ¼ inch thick. Brush top with 2 teaspoons melted butter; sprinkle with mixture of ¼ cup sugar and 2 teaspoons cinnamon. Roll lengthwise like jelly roll, cut into ¾ inch slices; place each slice flat on greased baking pan. Bake in hot oven (450 degrees F.) for 20 minutes.

BUTTERSCOTCH PINWHEELS

Prepare dough and roll into sheet as for Cinnamon Pinwheels, then spread with 1 cup brown sugar which has been creamed with ¼ cup of butter. Roll, slice and bake like Cinnamon Pinwheels.

★

DROP BISCUITS

Add ⅓ cup milk to biscuit recipe. Instead of rolling and cutting, drop the dough from a teaspoon onto greased baking pan and bake in hot oven of 450 degrees F. for 12 to 15 minutes.

Quick Breads

CLABBER GIRL NUT BREAD

3 cups sifted flour
½ cup sugar
1 teaspoon salt
3 teaspoons Clabber Girl Baking Powder
1 cup chopped nuts
1½ cups milk
1 egg, beaten
3 tablespoons melted shortening

Sift together the dry ingredients and add the nutmeats. Add the milk mixed with the beaten egg and shortening. Beat well. Pour into a large greased loaf pan, size about 10 inches by 5 inches by 3½ inches. Bake one hour in a moderate oven (375 degrees F.). Pecans, walnuts, almonds or peanuts may be used. Brown sugar may be used instead of granulated sugar. Bread may be served hot, if desired, but nut flavor increases when bread is allowed to cool.

★

PEANUT BUTTER BREAD

2 cups sifted flour
1½ teaspoons Clabber Girl Baking Powder
1 teaspoon salt
½ cup sugar
1 cup milk
2 eggs
1 cup peanut butter

Sift dry ingredients together. Beat milk, eggs and peanut butter together with egg beater, then add gradually to dry ingredients while beating with a spoon. Pour into a greased and floured loaf pan, size about 8½ inches by 4½ inches by 2½ inches. Bake one hour in a moderate oven (350 degrees F.).

¾ cup yellow cornmeal
1½ cups sifted flour
2 teaspoons Clabber Girl Baking Powder
2 tablespoons sugar
½ teaspoon salt
1 egg, well-beaten
1 cup milk
4 tablespoons melted shortening

★

CORN BREAD

Sift the cornmeal and flour with the baking powder, sugar and salt. Combine the egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until all ingredients are just mixed and have a lumpy appearance. Turn into a greased shallow pan, size about 8 inches square by 2 inches deep. Bake 30 to 35 minutes in a moderate oven (375 degrees F.).

★

1 quart milk
1 cup cornmeal
2 tablespoons butter
½ teaspoon Clabber Girl Baking Powder
1¾ teaspoons salt
3 eggs, separated

★

SPOON BREAD

Scald the milk in a double boiler. Gradually stir in the cornmeal and cook until the consistency of mush. Add the butter, baking powder, salt and egg yolks beaten until light. Fold in egg whites beaten stiff. Pour into a 1½ quart greased baking dish. Bake one hour and 15 minutes in a slow oven (325 degrees F.). Serve from baking dish with a spoon. Serve hot with plenty of butter.

★

1 cup dried peaches
Boiling water
3 tablespoons shortening
⅓ cup sugar
1 egg, well-beaten
1¼ cups thick, sour milk
½ teaspoon baking soda
2 cups sifted flour
2 teaspoons Clabber Girl Baking Powder
½ teaspoon salt
¼ teaspoon mace or nutmeg
1 cup whole or flaked bran
½ cup chopped nutmeats

★

PEACH BRAN BREAD

Cover dried peaches with boiling water; let stand for 10 minutes; drain and cut into coarse pieces. Cream shortening, add sugar, and blend. Add egg, peaches and sour milk. Sift soda, flour, baking powder, salt and mace together. Add bran and nutmeats and combine well with peach mixture. Pour into a large, well greased loaf pan, size about 10 inches by 5 inches by 3½ inches. Bake one hour in a moderate oven (350 degrees F.).

★

1⅓ cups sifted flour
1¾ teaspoons Clabber Girl Baking Powder
¾ teaspoon salt
3 tablespoons sugar
1 egg, beaten
¾ cup milk
3 tablespoons melted shortening

★

GRIDDLE CAKES

Sift together the dry ingredients. Combine the egg, milk and shortening and add to the dry ingredients gradually, stirring until smooth. Drop the batter from tip of a spoon onto hot griddle, which has been greased or not, according to manufacturer's directions. Cook on one side, and when puffed and full of bubbles and cooked on the edges, turn and cook on the other side. Makes 11 griddle cakes, 4 inches in diameter.

★

BROWN SUGAR SYRUP

Mix 1 cup brown sugar, ½ cup white sugar and ¾ cup water. Boil 3 minutes. Makes a delicious, inexpensive syrup for griddle cakes and waffles.

WAFFLES

1¾ cups sifted flour
2 teaspoons Clabber Girl Baking Powder
¼ teaspoon salt
2 eggs
1¼ cups milk
6 tablespoons melted shortening

Sift together the dry ingredients. Separate the eggs and beat the egg yolks until light; add with the milk and the melted shortening to the dry ingredients. Beat the egg whites stiff and fold them into the waffle batter. Bake on a waffle iron, following manufacturer's directions for operating the iron. Makes 6 to 8 waffles.

★

COFFEE CAKE

6 tablespoons shortening
1¼ cups sugar
2 eggs, well-beaten
2 cups sifted cake or pastry flour
1 teaspoon salt
1½ teaspoons Clabber Girl Baking Powder
4 teaspoons cinnamon
1 cup milk

Cream shortening. Add 1 cup of the sugar gradually, creaming thoroughly. Add the eggs well-beaten and blend thoroughly. Sift together the flour, salt, baking powder and 2 teaspoons of the cinnamon, and add this mixture alternately with the milk to the first mixture. Pour into a large greased shallow pan, size about 12 inches by 8 inches; sprinkle top with remaining sugar and cinnamon mixed together. Bake 45 minutes in a moderate oven (375 degrees F.).

★

DOUGHNUTS

1 tablespoon shortening
1 cup sugar
1 egg, well-beaten
About 6 cups sifted flour
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1 teaspoon salt
2 teaspoons Clabber Girl Baking Powder
1 cup milk

Cream the shortening and sugar until well blended. Add egg. Sift 4 cups of flour with the remaining dry ingredients. Add to the egg mixture alternately with the milk. Beat well, then add enough of the remaining flour to make a soft dough that can be easily rolled. Roll ½ inch thick on a floured board. Cut into desired shapes and fry on both sides in deep fat (heated 360 to 370 degrees F.) until brown and cooked. Drain on absorbent paper. Serve plain or dusted with powdered sugar.

★

CREAM SCONES

1¾ cups sifted flour
2 teaspoons Clabber Girl Baking Powder
½ teaspoon salt
2 teaspoons sugar
4 tablespoons shortening
2 eggs
¼ to ⅓ cup milk
Extra sugar for sprinkling

Measure and sift together the flour, baking powder, salt and sugar. Work in shortening until the mixture is crumb-like in consistency. Reserve 1 tablespoon egg white, then beat the remaining eggs and add. Add sufficient milk to make a soft dough. Roll the dough to ½ inch thickness, cut into 3 inch squares, then cut each square from corner to corner into two pieces. Arrange on a baking sheet, and brush tops with the beaten egg white; sprinkle lightly with sugar. Bake 10 minutes in a hot oven (450 degrees F.). Makes 12 scones.

Muffins

CLABBER GIRL MUFFINS

2 cups sifted flour
2 teaspoons Clabber Girl Baking Powder
½ teaspoon salt
2 tablespoons sugar
1 egg, beaten
1 cup milk
4 tablespoons melted shortening

Sift the flour with the baking powder, salt and sugar. Combine the egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until all ingredients are just mixed, and have a lumpy appearance. (This will take from 10 to 20 seconds of stirring and beating.) Fill the greased muffin pans about ⅔ full of batter. Bake 25 minutes in a hot oven (425 degrees F.). Makes 12 to 15 muffins, 2½ inch size. (For fruit or nut muffins, add ½ to 1 cup of finely chopped, dried fruit, raisins or nuts to dry ingredients in above recipe.)

★

BERRY MUFFINS

★

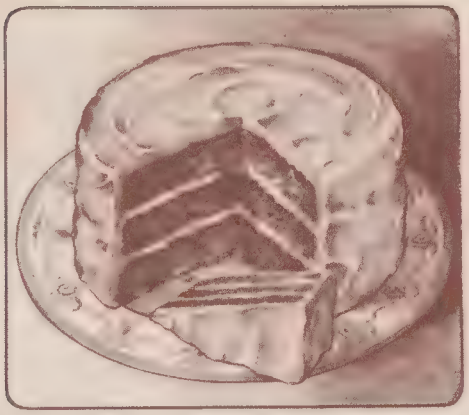
Make muffin batter by recipe above. Place 2 tablespoons of this batter in each greased section of the muffin pan. Over the batter place 1 teaspoon fresh or well-drained canned blueberries, or 4 or 5 raspberries or blackberries. Then top with 1 tablespoon of muffin batter.

★

BRAN MUFFINS

★

Instead of 2 cups sifted flour in muffin recipe above, use 1 cup ready-to-eat bran cereal and 1 cup sifted flour. Reduce the shortening to 2 tablespoons and add 2 tablespoons molasses to the milk and egg mixture.



Cakes

Success in cake-baking is not a matter of luck, but is the result of careful measuring and mixing of the ingredients, and proper oven heat.

Get your oven at the proper heat before you start baking the cake, and maintain that heat. Put cake pans in center of oven for the most uniform heat. Before removing cake from oven, make the following tests: A wire or clean broom straw inserted in center of cake should come out clean and dry. Cake should have risen fully, and shrunk slightly from sides. Top should have a delicate brown crust.

Surface of cake, when pressed lightly with finger tips, should spring back without leaving a depression. After removing cake from oven (any cake in which shortening has been used), let cool in pan for about 5 minutes, then turn out on a wire rack, right side up, to finish cooling.

In making cakes, it is always desirable to use *soft wheat* flour. Cake and pastry flours are milled from *soft wheat*, giving a much lighter texture than cake made from *hard wheat* bread flours.

If an "all-purpose" flour is used, it absorbs more moisture than cake flour. Therefore, to prevent cake from being dry and heavy, *use less flour*—2 tablespoons *less* from each sifted cupful called for in the recipe.

★

5 eggs
1 cup sugar
1 cup flour
Grated rind and juice of
1 lemon

★

Whites of 8 eggs
1 teaspoon cream of tartar
¾ cup granulated sugar
¼ teaspoon salt
1 teaspoon Clabber Girl
Baking Powder
¾ cup flour
1 teaspoon vanilla or
almond extract

★

SPONGE CAKE

Beat the egg yolks until very light and thick, add sugar gradually, beating continuously, then add flavoring. Beat the egg whites stiff and dry, cut and fold part of the whites into the yolk and sugar, then cut and fold in part of the flour which has been sifted once, measured and sifted three times; then add remaining whites and flour. Bake in an unbuttered pan with oven (350 degrees F.), 50 minutes.

★

ANGEL CAKE

Whip egg whites to firm, stiff froth; add cream of tartar; fold sugar in lightly. Fold in flour sifted four times with baking powder and salt; add flavoring. Bake in ungreased tube pan 45 to 50 minutes in moderate oven at (350 degrees F.) Invert pan and let stand until cold.

ONE-EGG CAKE

4 tablespoons shortening
⅔ cup sugar
1 teaspoon vanilla
1 egg, well-beaten
2¼ cups sifted cake or pastry flour
2 teaspoons Clabber Girl Baking Powder
½ teaspoon salt
1 cup milk

"Cream" the shortening by repeatedly pressing it against the side of the bowl with the back of a spoon until it is as soft and smooth as thick cream. Then add the sugar gradually, while beating, until mixture is light and fluffy. Then add vanilla and egg. Sift the dry ingredients together and add alternately with the milk to the shortening mixture. Beat to a smooth batter. Turn into a greased pan, size about 8 inches square by 2 inches deep. Bake 50 to 60 minutes in a moderate oven (350 degrees F.). May be served as a hot dessert, with a hot, sweet sauce, or topped with frosting and served as cake.

★

CHOCOLATE LAYER CAKE
(2 Eggs)

2¼ cups sifted cake flour
2¼ teaspoons Clabber Girl Baking Powder
¼ teaspoon salt
½ cup butter or other shortening
1 cup sugar
2 eggs, well beaten
¾ cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs and beat well. Add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (375 degrees F.) 25 minutes. Spread Fudge Frosting (Page 14) between layers and on top and sides of cake.

★

MARBLE CAKE (2 Eggs)

2 cups sifted cake flour
2 teaspoons Clabber Girl Baking Powder
¼ teaspoon salt
½ cup butter or other shortening
1 cup sugar
2 eggs, well-beaten
⅔ cup milk
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
2 tablespoons molasses

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Divide batter into two parts. To one part, add spices and molasses. Put by tablespoons into greased loaf pan, 8 x 4 x 3 inches, alternating light and dark mixtures. Bake in moderate oven (350 degrees F.) 1 hour and 15 minutes, or until done. Spread frosting on top and sides of cake.

★

SPICE CAKE (2 Eggs)

2 cups sifted cake flour
2 teaspoons Clabber Girl Baking Powder
¼ teaspoon salt
½ teaspoon ginger
1½ teaspoons cinnamon
¾ teaspoon cloves
¾ teaspoon nutmeg
½ cup butter or other shortening
1 cup sugar
2 eggs, well-beaten
3 tablespoons molasses
7 tablespoons cold coffee

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well; then molasses and blend. Add flour, alternately with coffee, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (375 degrees F.) 25 minutes, or until done. Spread frosting between layers and on top of cake.

THREE-EGG WHITE CAKE

½ cup shortening
1 cup sugar
2 cups sifted cake or pastry flour
2 teaspoons Clabber Girl Baking Powder
½ teaspoon salt
1 teaspoon vanilla
½ cup milk
3 egg whites

Cream the shortening thoroughly, then add the sugar gradually, creaming after each addition until the mixture is light and fluffy. Sift the dry ingredients together. Mix the vanilla with the milk, and add alternately with the sifted dry ingredients to the sugar mixture. Beat with the spoon after each addition until smooth. Beat the egg whites stiff, but not dry, and fold them carefully into the cake batter. Turn into cake pans and bake as for One-Egg Cake.

★

DEVIL'S FOOD CAKE

3 squares (3 oz.) unsweetened cooking chocolate
⅔ cup milk
½ cup shortening
1 cup sugar
2 eggs, well-beaten
1 teaspoon vanilla
1½ cups sifted cake or pastry flour
2 teaspoons Clabber Girl Baking Powder
½ teaspoon salt

Combine the chocolate and milk in a saucepan and stir over low heat until smooth and thick; cool. Cream shortening thoroughly; add the sugar gradually, and cream the mixture until light and fluffy. Add the beaten eggs and vanilla and beat well. Sift the dry ingredients and add alternately with cooled chocolate mixture to the sugar mixture, beating until smooth. Turn into a greased and lightly floured loaf pan, size about 8 inches square by 2 inches deep. Bake 50 to 60 minutes in a moderate oven (350 degrees F.).

★

COCONUT LAYER CAKE

¾ cup shortening
1½ cups sugar
3 eggs, separated
3 cups sifted cake or pastry flour
3 teaspoons Clabber Girl Baking Powder
¼ teaspoon salt
½ cup shredded coconut
1 cup milk
1 teaspoon vanilla

Cream the shortening thoroughly, then add the sugar gradually, creaming after each addition until the mixture is light and fluffy. Add the beaten egg yolks to the sugar mixture and blend thoroughly. Sift the flour with the baking powder and salt. Combine the milk, coconut and vanilla. Then add the flour, alternately with the milk mixture, to the sugar mixture. Fold in the egg whites, beaten stiff but not dry. Turn into 3 greased and lightly floured 8 inch layer cake pans. Bake 20 to 25 minutes in a moderate oven (375 degrees F.).

★

FIVE-EGG WHITE CAKE

⅔ cup shortening
2 cups sugar
3 cups sifted cake or pastry flour
3 teaspoons Clabber Girl Baking Powder
½ teaspoon salt
1 cup milk
1 teaspoon vanilla
5 egg whites, stiffly beaten

Cream the shortening thoroughly. Then add the sugar gradually, creaming after each addition, until the mixture is light and fluffy. Sift the dry ingredients together and add to the sugar mixture alternately with the milk and vanilla, which have been combined. Fold in the egg whites carefully. Turn into 3 greased and lightly floured 8 inch layer cake pans. Bake 25 to 30 minutes in a moderate oven (375 degrees F.).

Cake Frostings

MINUTE FUDGE FROSTING

¼ cup butter
½ cup cocoa
¼ cup milk
1 cup sugar
⅛ teaspoon salt

Melt the butter in a saucepan and add the other ingredients, stirring over low heat until the sugar is dissolved. Bring to a full rolling boil and boil 1 minute. Remove from the heat, and beat immediately until creamy enough to spread. This recipe frosts a loaf cake, size about 8 inches square by 2 inches high. To fill and frost an 8-inch two-layer cake, make double this recipe.

★

CARAMEL FROSTING

2 cups brown sugar
1 cup sugar
1 cup sour cream or sour milk
1 tablespoon butter
1 teasoon vanilla
Fresh cream (or top milk)

Combine the sugars and sour cream in a large saucepan, and stir over low heat until sugars are dissolved. Cook to 238 degrees F. or until a little of the mixture dropped in cold water forms a soft ball. Remove from heat, add butter and vanilla, and cool until lukewarm, (110 degrees F.). Beat with a beater until quite stiff, then add enough fresh cream, while beating, to get frosting of a proper consistency to spread. This recipe frosts and fills an 8-inch two-layer cake. Use half this recipe for a loaf cake, size about 8 inches square by 2 inches high.

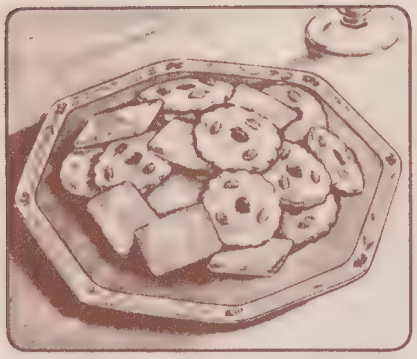
★

UNCOOKED FROSTING

4 tablespoons butter
2 cups sifted confectioner's sugar
3 tablespoons cream (or milk)
¼ teaspoon vanilla

Cream the butter with a spoon. Gradually add the confectioner's sugar and the cream, alternately. Add the vanilla and spread on cake. This recipe frosts a loaf cake, size about 8 inches square by 2 inches high. ½ cup chopped nutmeats may be added if desired. If chocolate flavor is desired, reduce cream to 2 tablespoons, and add 1 square (1 ounce) of unsweetened cooking chocolate, melted. To fill and frost an 8-inch two-layer cake, make double this recipe.

Cookies



"ICE-BOX" COOKIES

1 cup shortening
1¼ cups sugar
2 eggs, well-beaten
1 teaspoon vanilla
3 cups sifted cake or pastry flour
2 teaspoons Clabber Girl Baking Powder
¼ teaspoon salt

Cream the shortening thoroughly, then add sugar gradually, creaming after each addition until light and fluffy. Add beaten eggs and vanilla and beat well. Sift together the flour, baking powder and salt, and add to sugar mixture, blending thoroughly. Form the dough, by hand, into two rolls about 8 inches long and two inches in diameter. Wrap in wax paper, store in refrigerator. Bake as needed. For baking, slice into ⅛-inch slices; place on greased baking sheet. Bake 8 to 10 minutes in a moderate oven (375 degrees F.). Makes 5½ dozen cookies.

★

SOFT GINGER COOKIES

1 cup shortening
1½ cups brown sugar
3 eggs, beaten
1 tablespoon ginger
½ cup dark molasses
1½ cups boiling water
1½ teaspoons baking soda
5 cups sifted flour
2 teaspoons Clabber Girl Baking Powder
1½ teaspoons salt
1 tablespoon cinnamon

Cream the shortening, add the brown sugar and mix well. Then add the eggs and blend together. Mix the ginger with the molasses and add to the sugar mixture. Add the boiling water, while stirring. Sift the remaining ingredients together and add to the above mixture. Mix together well, then place the batter in the refrigerator for 2 hours. Drop by teaspoonfuls on greased baking sheet. Bake for 10 to 12 minutes in a hot oven (425 degrees F.). Makes 7 dozen cookies; will keep soft for a week in a stone crock or jar.

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SHREWSBURY RINGS

½ cup shortening
½ cup sugar
1 egg, well-beaten
1¼ cups sifted cake or pastry flour
1 teaspoon Clabber Girl Baking Powder
⅛ teaspoon salt
White of 1 egg
1 tablespoon sugar
¾ teaspoon cinnamon
Blanched almonds

Cream the shortening, add ½ cup sugar and blend well. Add the well-beaten egg, and mix. Sift together the flour, baking powder and salt and add. Turn one-half the mixture at a time onto a well-floured board, and roll to ⅛-inch thickness. Cut with a floured doughnut cutter. Brush tops with the unbeaten egg white, then sprinkle lightly with the 1 tablespoon sugar mixed with the cinnamon. Place 3 almond halves on each ring. Place on a well-greased baking sheet. Bake 15 minutes in a moderate oven (375 degrees F.). Makes about 2 dozen rings.

Pastries and Desserts

HOT WATER PIE CRUST

¼ cup boiling water
½ cup shortening
1½ cups sifted flour
½ teaspoon Clabber Girl Baking Powder
½ teaspoon salt

Pour boiling water over the shortening and beat until creamy. Sift in the flour, baking powder and salt. Stir together. Form into a ball and chill, then roll out to ⅛-inch thickness on a lightly floured board. This recipe makes two 9-inch pie crusts.

For pie shells to be filled later with a previously cooked filling, prick with a fork before baking; then bake pie shells 15 to 18 minutes in a very hot oven (450 degrees F.).

★

APPLE PIE

4½ cups pared, cored apples, ¼-inch slices
⅔ cup sugar
¼ teaspoon nutmeg
⅛ teaspoon salt
1 teaspoon lemon juice
1½ teaspoons butter

Prepare pastry by Hot Water Pie Crust recipe. Line a 9-inch pie pan with pastry. (To lift pastry from the board, fold in half, lay folded edge across middle of pie pan, then unfold to fill the pan.). Fill pie pan with apples. Combine sugar, nutmeg, salt and lemon juice, and sprinkle over apples. Dot with the butter.

Roll out top crust 1 inch larger than size of pie pan. Moisten edge of lower crust with cold water, put upper crust in place, after making 2 or 3 short slits in center of upper crust. Press upper crust against lower crust, trim off overhanging edges. Flute the edge with the tips of the fingers or with a fork. Bake 30 minutes in a very hot oven (450 degrees F.); then bake 10 minutes more at moderate heat (350 degrees F.).

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BERRY PIE

For fresh blueberry, blackberry, plum, grape, rhubarb or peach pie, make same as apple pie, using 3½ to 4 cups of prepared fruit and include 2 tablespoons flour to thicken juice. Omit nutmeg if desired. Add more sugar if fruit is tart.

BUTTERSCOTCH PIE

2 eggs, separated
1 cup brown sugar
⅛ teaspoon salt
4 tablespoons flour
1½ cups milk
4 tablespoons butter
1 teaspoon vanilla
4 tablespoons sugar

Bake a 9 inch pie shell (½ recipe for Hot Water Pie Crust) and let cool. Meanwhile combine beaten egg yolks, brown sugar, salt, flour, milk and butter in a double boiler. Cook over boiling water, stirring constantly until the mixture thickens. Then cover and cook 15 minutes, stirring occasionally. Cool, add vanilla and pour into the baked pie shell. Cover with meringue made from 2 egg whites and 4 tablespoons sugar, and put pie in slow oven (300 degrees F.), until meringue is lightly browned. Meringue is made by beating the egg whites until stiff but not dry, adding sugar a little at a time until the mixture will stand in peaks.

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CUSTARD PIE

3 cups scalded milk
3 eggs, slightly beaten
¼ teaspoon salt
½ teaspoon nutmeg
½ cup sugar

Bake a 9 inch unpricked pie shell (½ recipe for Hot Water Pie Crust). While shell is baking, pour the scalded milk over the slightly beaten eggs, which have been combined with the salt, nutmeg and sugar. When the pie shell has baked 15 minutes, pour the custard mixture into the shell while still in the oven. Reduce the oven heat to slow heat (300 degrees F.) and bake pie for 25 minutes, or until a silver knife inserted in the custard comes out clean. If Coconut Custard Pie is desired, sprinkle ½ cup shredded coconut on top of custard before baking.

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BROWN SUGAR PUDDING

1 cup brown sugar
2½ cups water
2 tablespoons butter
½ cup sugar
1 cup sifted flour
2 teaspoons Clabber Girl Baking Powder
½ cup seedless raisins

Combine the brown sugar and 2 cups of the water in a saucepan and boil for 10 minutes. Add the butter and turn into a greased 1½-quart baking dish. Combine the granulated sugar, flour, baking powder, ½ cup water and raisins, and pour this batter onto the syrup. DO NOT STIR. Bake 25 minutes in a hot oven (400 degrees F.). Serve hot or cold. Serves 6.

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FRUIT SHORTCAKE

Use Clabber Girl Biscuit recipe (see page 6). Roll into two rounds, ¼ inch thick and bake in hot oven like biscuits. Fill and top with sweet fruit, such as sliced peaches, or crushed pineapple or sweetened strawberries.

WAYS OF COOKING

BOILING is cooking in Boiling Water.

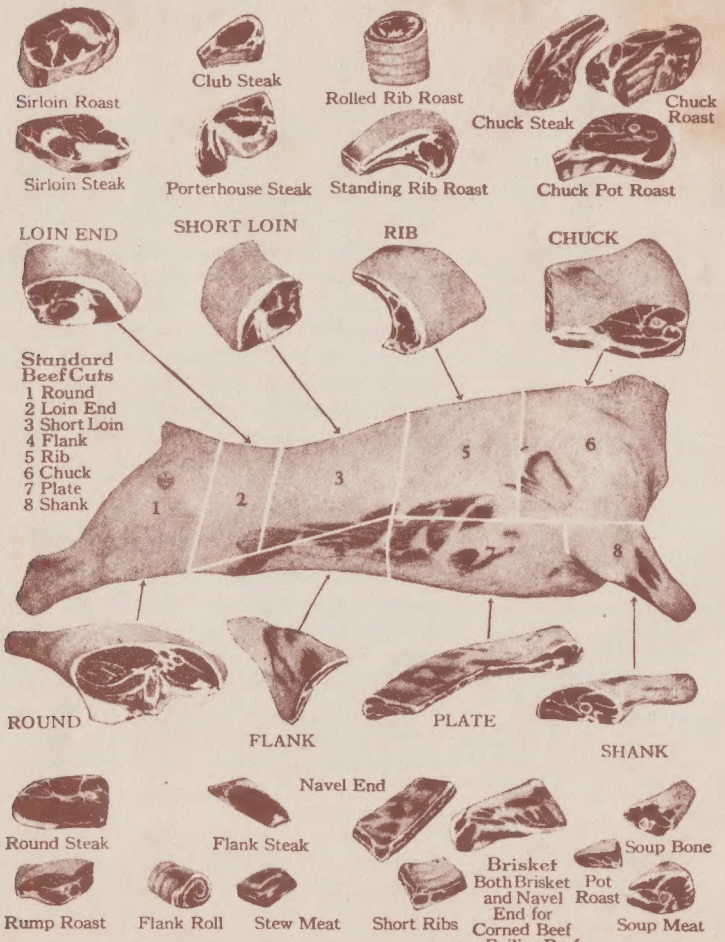
STEWING is cooking in small quantity of hot water at low temperature.

BROILING is cooking over a clear fire and the food placed in a greased boiler.

ROASTING is cooking before a clear fire or in an oven where you sear. The meat for roasting is placed on a spit and allowed to revolve. Searing requires a hot oven, 550 degrees.

In Meats probably Beef is most universally used by the American Public, and there are various ways of serving the different varieties that if the cuts were properly known and understood by the housewives of the Nation quite a saving in their budget could be made.

The following chart gives the various cuts of beef and when temptingly served, the cuts from the chuck, the round, the flank and the plate will prove economic buys.



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